

(ebook - PDF - Science)

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Grill Recipes

THE BEST BURGERS IN THE WORLD:

Buy a package of ground turkey (I usually buy "The Turkey Store" brand)
OR buy pre-formed ground turkey patties

Sprinkle salt, pepper and garlic powder on turkey patty
Cook turkey patty for about 7 minutes on George Foreman Grill
While turkey is cooking, place one slice of pepper jack cheese on the
BOTTOM ½ of a whole wheat bun (or whatever kind you want – but whole
wheat is really good)
Warm up a few spoonfuls of sauerkraut in the microwave
When the turkey patty is cooked, place it on the bun with cheese
Top with a generous layer of sauerkraut
Pile lots of mustard and some ketchup on top and put the top ½ of the bun
on
Then eat it. It is so good it will knock your socks off.

BLACK BEAN BURGER

Go to the organic/health food section of the grocery store. Locate the
frozen veggie burgers. Find Morning Star Farms Vegetable Burgers with
spicy black beans (I'm sure other brands make something similar, but I've
never had anything but the morning star farms). Buy a package.

Throw one black bean patty on the George Foreman Grill.
Cook for about 5-7 minutes
While cooking, prepare bun by placing a slice of pepper jack cheese on the
bottom ½ of the bun. Prepare the condiment by spooning a few scoops of
sour cream (regular, light or fat-free – it really doesn't matter – I use fat-
free and it's quite good) Pour some salsa over the top and mix together
until it is a colorful red sauce that is a decent consistency. (not too thin)
When the patty is done cooking, place it on the ½ of the bun with cheese.
Top with sour cream/salsa mixture and put the top ½ of the bun on. SO
good!

SIDE DISH/MUSHROOMS

Clean a bunch of mushrooms. Put one layer of mushrooms on the grill
and cook for 10-12 minutes. Add salt and pepper to taste, and dip in some

sort of dip (or just eat them plain) I use fat-free ranch dressing – it tastes good.

YUMMY SHISH KEBABS

Slice up green and red (red are optional) peppers.

Clean some mushrooms

Clean a few cherry tomatoes

Cut a chicken breast into strips

Skewer all items on the kebab and cook for somewhere in the 10 minute range (get the pepper cooked all the way through) Coat with pepper (lots – mmm) and some salt. Dip in previously mentioned ranch dressing or whatever you want, or just eat plain.

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